

# Tobacco, Alcohol and Other Drugs



## Avoid Tobacco, Alcohol and Other Drugs

1. Tobacco is smoked in cigarettes, cigars and pipes. Second-hand smoke is tobacco smoke in the air.
2. Snuff is a form of smokeless or spit tobacco that is chewed, sniffed or "dipped."
3. Alcohol use includes drinking liquor, mixed drinks, beer, wines and wine coolers.
4. Street (illegal) drugs have many names and forms, and are used in different ways. Examples of street drugs are cocaine/crack, heroin, marijuana and LSD.
5. Common household products, such as cleaning fluids, aerosol (spray) cans and glues, can be harmful drugs if they are sniffed, inhaled or drunk.
6. Medicines (both those prescribed by a health care provider and store-bought drugs, such as sleeping, pain and diet pills) also can be harmful drugs when not used as directed.



## Why Is Using Drugs Harmful?

### Tobacco

- Smoking tobacco increases your risk of lung disease, stroke, heart attack, cancer and early wrinkled skin.
- Using smokeless or spit tobacco increases your risk of gum disease, mouth sores, cancer and high blood-pressure.
- Breathing second-hand smoke is called passive smoking. It is harmful to everyone, especially young children. It increases one's risk of lung problems, cancer and respiratory tract infections.



### Alcohol

- Alcohol is harmful if used too often or in large amounts. It can damage your liver and other organs of your body.



### Other Drugs

- Using street drugs even once can harm your body and brain and possibly kill you.
- Sniffing, inhaling or drinking common household cleaning products even once also can be fatal.
- Using medicines other than as directed can be harmful or fatal.



### All Drugs

- Using tobacco, alcohol and other drugs can cause you to become "hooked" or dependent on them for life.
- If you are thinking about having a baby or become pregnant, using tobacco, alcohol and other drugs, including some medicines, can harm your unborn baby.
- If you are breastfeeding, using tobacco, alcohol and other drugs, including some medicines, can affect your breast milk and harm your baby.

## Protect Your Children From Drugs

- If you are breastfeeding and use tobacco, alcohol or medicines, check with your physician about how to safely breastfeed your baby.
- If you are thinking about having a baby or become pregnant, do not use tobacco, alcohol or other drugs. Check with your physician before using any medicine.
- Set a good example for your children by not using tobacco, alcohol or other drugs.
- Sit with your children in non-smoking areas in restaurants and other buildings.
- Make "no smoking" a rule inside your home for family and friends.
- Ask others not to smoke around you or your children.
- Store household cleaning products and medicines out of the reach of your children.
- Talk to your children at a young age about why using tobacco, alcohol or other drugs is harmful.
- Be aware that persons who use tobacco, alcohol or other drugs place children in their care at risk for accidents, injury and violence.

## Protect Yourself From Drugs

- Reducing or stopping your use of tobacco, alcohol or other drugs is best. Your local WIC clinic or program staff can tell you where to get help.
- Ask your family and friends to support your decision not to use tobacco, alcohol or other drugs.
- Check your local phone book listings for Alcoholics Anonymous (AA) and Narcotics Anonymous (NA). For information and free counseling on tobacco cessation, call the Missouri Tobacco Quitline toll-free at 1-800-QUIT-NOW (1-800-784-8669).



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[www.dhss.mo.gov/WIC](http://www.dhss.mo.gov/WIC)

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